

**AMENDMENTS TO THE SPECIFICATION:**

Please add the following heading and new paragraph before the paragraph beginning on page 1, line 1:

**Cross Reference to Related Applications**

This application claims priority from U.S. Provisional Patent Application Serial No. 60/458,598 filed March 28, 2003 and is incorporated herein by reference.

Please add the following heading before the paragraph beginning on page 1, line 1:

**Background of the Invention**

Please add the following heading before the paragraph beginning on page 1, line 15:

**Summary of the Invention**

Please add the following new paragraph before the paragraph beginning on page 2, line 5:

Still other aspects of the invention will become apparent from a reading and understanding of the detailed description of the embodiments hereinbelow.

Please add the following headings and new paragraph before the paragraph beginning on page 2, line 5:

**Brief Description of the Drawings**

The present invention may take physical form in certain parts and arrangements of parts, an embodiment of which will be described in detail in this specification and illustrated in the accompanying drawings which form a part of the invention.

FIGURE 1 is a front perspective view of a portable exerciser according to one aspect of the present invention.

FIGURE 2 is a rear perspective view of an adjustable mechanism of the portable exerciser of FIGURE 1.

FIGURE 3 is a partial exploded front perspective view of the portable exerciser of FIGURE 1.

**Detailed Description of the Invention**

It should, of course, be understood that the description and drawings herein are merely illustrative and that various modifications and changes can be made in the structures disclosed without departing from the spirit of the invention. Like numerals refer to like parts throughout the several views.

Please replace the paragraph beginning on page 2, line 5 with the following amended paragraph:

One non-limiting embodiment of the invention is disclosed in FIGURES 1-3. FIGURE 1 illustrates a portable exerciser 10 that includes a collapsible mat 12 formed of two primary components which are connected together, a first component or back mat 14 and a second component or bottom mat 16. These components can be connected together in a variety of ways such as, but not limited to, mechanical hinges, straps, Velcro,

flexible materials, etc. In the illustrated embodiment, a hinge 18 connects a bottom surface 22 of the first component 14 to a bottom surface 24 of the second component 16. The two components are designed to form the collapsible mat 12 and be oriented to allow an individual to place his or her head, back, and buttocks on the mat. As such, the two components 14, 16 provide comfort to the individual during the exercise routines when using the portable exerciser. The collapsibility of the two components 14, 16 of the mat 12 enables the portable exerciser 10 to be reduced in size for easy packing, carrying, and/or transporting.

Please replace the paragraph beginning on page 2, line 14 with the following amended paragraph:

As shown in FIGURE 1, the two components 14, 16 of the mat 12 of the portable exerciser 14 include a compressible material to provide comfort to the user. Such compressible materials include, but are not limited to, foam, rubber, gels, air pockets, foams, blown polymers, and/or the like. The two components 14, 16 of the collapsible mat 12 also include a durable surface 30, 32 which resists wear by the user during the use of the portable exerciser. Such materials can include, but are not limited to, vinyl, leather, nylon, Kevlar blends, and the like.

Please replace the paragraph beginning on page 2, line 20 with the following amended paragraph:

As illustrated in FIGURE 2, the back (only one being shown) of each of the mats 14, 16 includes a relatively rigid structure 36 wherein various components can be rigidly

connected to each of the two components of the mat. The relatively rigid structure 36 can include materials such as, but not limited to, metal, wood, fiberglass, hard rubber, plastic, composite materials, etc. The compressible material is typically connected to the relatively rigid material by, but not limited to, adhesives, rivets, nails, staples, thread, snaps, Velcro, tacks, etc. As can be appreciated, the compressible material can include a durable surface, thus be a single component.

Please replace the paragraph beginning on page 3, line 6 with the following amended paragraph:

The two components 14, 16 of the collapsible mats 12 are shown to have substantially the same shape and surface; however, this is not required. As shown in FIGURE 1, both components have a substantially straight back surfaces 22, 24 where the components are connected together. The two components 14, 16 also have two substantially straight side surfaces 40 and 42, respectively. The front surfaces 44 and 46, respectively, of each component 14, 16 have two rounded corners. As can be appreciated, many other configurations can be used. As can also be appreciated, many color schemes for the components of the mat, and/or textures of the components of the mat, can be used. As shown in FIGURE 1, each component of the mat has a maximum width of about 1.5-3 feet. As can be appreciated, other dimensions can be used. The thickness of each component of the mat is illustrated as being substantially the same and having a thickness of about 0.5-4 inches; however, other thicknesses can be used.

Please replace the paragraph beginning on page 3, line 16 with the following amended paragraph:

As shown in FIGURE 2, an adjustment mechanism 50 ~~bar support system~~ is rotatably connected to at least one of each of the two components 14, 16 of the collapsible mat 12 to enable the components to be positioned in an angular relationship to one another. In the illustrated embodiment, the adjustment mechanism 50 includes a first generally U-shaped support 52 and a second generally U-shaped support 54, each support being rotatably mounted to the relatively rigid structure 36 of the back mat 14. The second support 54 can include a plurality of spaced apart engagement members, such as notches 58 for receiving a section 60 of the first support 52, wherein the back mat 14 can be selectively angularly adjusted and maintained relative to the bottom mat 16. Thus, the first support 52 is adjustably engageable with the second support 54, such that the back mat 14, when rotated relative to the bottom mat 16, may be fixed at a predetermined angle relative to the bottom mat. It will be appreciated, however, that the adjustment mechanism is not limited to notches and that other means for adjusting the back mat relative to the bottom mat can be used. For example, the second support can include a plurality of spaced apart protrusions which engage the first support. As shown in FIGURE 3, the angular relationship of the components 14, 16 is about 180° for the components to be essentially in a flat position. As shown in FIGURE 1, the components 14, 16 are oriented in about 90° wherein one component is flat against the a floor and the other component is positioned substantially perpendicular to the floor as illustrated in FIGURE 2. FIGURE 1 illustrates the two components 14, 16 of the collapsible mat 12 oriented at some angle between 90° and 180°. As shown in FIGURE 2, there can be multiple position settings for the bars 52, 54 to enable a user to orient ~~two the~~ the mats 14, 16 with respect to one another to obtain the desired position for an exercise and/or the desired comfort level during the use of the portable exerciser. As shown in FIGURE 2, the bars 52, 54 which are connected to the two components 14, 16 of the collapsible mat 12 are made of a metal material; however, other materials can be used. As can further be appreciated, many different mechanisms can be used to orient the two components from 0° to 360° with respect to one another.

Please replace the paragraph beginning on page 4, line 8 with the following amended paragraph:

As illustrated in FIGURES 1 and 3, exercise handles 66 are detachably connected to both of the components 14, 16 of the collapsible mat 12. These exercise handles are connected to a resilient stretchable material such as rubber, elastic, or the like, which is designed to resist being stretched by a user during an exercise routine. As shown in FIGURE 1, two exercise handles 66 are detachably connected to stretchable bands 68 which in turn are connected to the components of the mat. In this embodiment, a pair of stretchable bands 68 are mounted to the respective relatively rigid structure of each component, specifically, adjacent to the opposing side surfaces 40, 42 of each component. As shown in FIGURES 2 and 3, removable pins 70 are used to detachable connect the stretchable bands 68 to each component 14, 16 of the collapsible mat. As can be appreciated, other connection arrangements can be used. Although FIGURE 1 illustrates the exercise handles and their respective stretchable bands being connected to both of the components of the mat, it can be appreciated that during a particular exercise routine, one or both handles can be connected to one component of the mat and only one or none of the handles and stretchable bands can be connected to the other component of the mat. As such, the portable exerciser can have increased flexibility in how it can be configured for particular exercises. As can be appreciated, when an individual sits his or herself in the portable exerciser 10 as it is oriented in FIGURES 1-3, the handles 66 and stretchable bands 68 that are attached to the portion where the individual sits can be used by the individual's legs to provide exercising routines to build up the legs and lower body, whereas the handles 66 and stretchable bands 68 that are connected to the mat to which the upper portion of the individual is laying against can be used to build up the arms and upper body of the individual.

Please replace the paragraph beginning on page 5, line 4 with the following amended paragraph:

As can be appreciated, the degree of flexibility or the ease of stretching of the stretchable bands 68 can be adjusted by substituting one band for other bands. In this particular arrangement, each handle 66 can be easily detached from a particular stretchable band and the handle can then be reattached to a different type of stretchable band having a different tension or resistance to extensibility. As such, a user can select a particular tension for the stretchable band to obtain the desired degree of difficulty when using the portable exerciser during a particular exercise.

Please add the following Abstract:

**Abstract of the Disclosure**

The present invention relates to a portable exerciser including a mat having first and second components that can be collapsed into a smaller arrangement. At least one of the components includes at least one stretchable band that can be used by an individual for exercising. An adjustment mechanism is mounted to at least one of said first and second components and includes first and second bar supports. One of the first and second components can be selectively angularly adjusted and maintained relative to the other component.